



Core and More

Series improves core strength and flexibility with emphasis on breathe and body awareness. Use of pilates ring, exercise balls, rollers and more.

Series: Wednesdays

6:30pm

August 16th - Sept 20th

Packages

- 1) 6 Pack - \$96
- 2) 4 Pack - \$66
- 3) Drop In \$17

Pre-Registration

MINDBODY App



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Pilates ball is a great tool to help isolate the lower abdominals.



Ring of Fire tool is used to strengthen inner thighs and core muscles.

